

Families Making the Connection

Child Hunger Does Not Take a Summer Vacation

Across the nation one in five children struggle with food insecurity, not knowing when and where their next meal is coming from. In North Carolina, one in four children is at risk of hunger. These children may not have access to enough food or to healthy foods, such as fruits and vegetables. Hunger affects children's ability to learn. It can also put kids at risk for illness and other health issues. Learn more at <http://nc.nokidhungry.org>.

Many students depend on school meals. What happens when school lets out? Summer Nutrition Programs help fill that gap. These programs make sure that children can get the nutritious meals they need. All children 18 and under can receive free summer meals. No registration or ID is required.

What can you do?

- Find nearby summer meals:
 1. Text "FOODNC" to 877-877.
 2. Call 1.866.3HUNGRY (1.866.348.6479).
 3. Visit www.whyhunger.org/findfood.
- Host a Summer Nutrition Program at your organization's or congregation's facility. Learn more at www.whyhunger.org/findfood.
- Volunteer for a Summer Nutrition Program in your area. You might help by transporting food or setting up or cleaning up a site. You could plan educational or recreational activities for the children. Go to www.serve.gov/endhunger to volunteer.

Menus for June 2015

[Insert name of Local Education Agency] Elementary Schools

Monday, June 1	Tuesday, June 2	Wednesday, June 3	Thursday, June 4	Friday, June 5
Monday, June 8	Tuesday, June 9	Wednesday, June 10	Thursday, June 11	Friday, June 12
Monday, June 15	Tuesday, June 16	Wednesday, June 17	Thursday, June 18	Friday, June 19
Monday, June 22	Tuesday, June 23	Wednesday, June 24	Thursday, June 25	Friday, June 26
Monday, June 29	Tuesday, June 30			
				

June

- National Dairy Month
- National Fresh Fruit and Vegetable Month
- Turkey Lovers Month
- National Eat Your Vegetables Day



Developed by School Nutrition Services, N.C. Department of Public Instruction.
 USDA is an equal opportunity provider and employer. 11/14
<http://childnutrition.ncpublicschools.gov>

Sources: <http://nc.nokidhungry.org>, <http://childnutrition.ncpublicschools.gov>